



KENTUCKY Employee Connection

News for the state government workforce

July 2015

Top headlines

Kentucky Forestry firefighters assist in Alaska

On June 22, 2015, 21 Kentucky Division of Forestry firefighters deployed to Alaska to assist with wildfires there. The KDF firefighters volunteered for the duty, took leave from their regular duties and joined the United States Forest Service for the assignment. [Learn more.](#)



Enhance your health

Reduce your risk for diabetes

The Kentucky Employees' Health Plan offers you the opportunity to attend a program to lower your risk for Type 2 Diabetes. Participating in an approved Diabetes Prevention Program (DPP) is free and can improve your health through stress reduction, weight loss and increased physical activity with the support of a certified lifestyle instructor.

August classes have just been announced. [Find details here.](#)

Personnel Cabinet hosts statewide step challenge



Let's move more, feel better and have some fun! The Kentucky Personnel Cabinet will host a statewide step challenge in September.

Consider getting a pedometer before the challenge begins.

Watch for details (including registration instructions, prizes and answers to FAQs) in August. [Learn more here.](#)

Things to do

Personnel Cabinet hosts charity golf scramble

The Kentucky Employees Charitable Campaign Golf Scramble will be held August 17 at 8 a.m. at Wildwood Country Club in Louisville.

Register your team now to join your friends and fellow state employees for the golf scramble. [Find details here.](#)



Money matters

Retirement readiness expos coming soon

Kentucky Deferred Comp's Participant Education Expos offer the opportunity to learn more about the Kentucky Deferred Comp Plans and the savings opportunities they provide.

Attendees can:

- Review and make changes to an account
- Talk with fund house reps about their fund(s)
- Attend a new Retirement Readiness workshop

Expo dates are scheduled for August, September and October. [Learn more here.](#)



Employee recognition

Safety awards presented

The Executive Safety Advisory Committee announced safety winners for calendar year 2014 in a ceremony held at the KY State Office Building on June 30, 2015.

Reduction in the number of work-related accidents and illnesses helps to reduce workers' compensation costs. Employee productivity and morale also benefit. Find a list of [winners and photos here](#).



CPE initiatives receive awards

Two Council on Postsecondary Education initiatives, "Transfer Madness" and "Project Graduate," received top awards from the Kentucky Thoroughbred Chapter of the Public Relations Society of America in May. [Read about it here](#).



KRS hosts pre-retirement education events

Beginning in August, the Kentucky Retirement Systems (KRS) hosts Pre-Retirement Education Program (PREP) meetings across the Commonwealth.

PREP is an all-day, comprehensive retirement education meeting designed to assist employees in understanding their KRS benefits. [Learn more](#).